October 11 - November 29, 2017

Intermediate Pilates w/ Blossom Leilani Crawford

Company: Mark Morris Dance Center
Venue: Mark Morris Dance Center
Location: Brooklyn, NY

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The exercises created by Joseph H. Pilates use muscle control, breathing techniques, imagery and postural alignment to strengthen the entire body. There is an emphasis on range of motion, as well as intensive work on abdominal muscles. This intermediate Pilates class builds on the principles practiced in Beginning Pilates while incorporating more challenging exercises.

Wednesdays 7:00 - 8:00pm

Instructor: Blossom Leilani Crawford

Mark Morris Dance Center
3 Lafayette Avenue
Brooklyn, NY, 11217
718.624.8400
http://markmorrisdancegroup.org/dance-center/adult-classes/Fitness/Pilates/Int.-Pilates?utm_source=dancenyc&utm_medium=website

Schedule
October 11, 2017: 7:00pm
October 18, 2017: 7:00pm
October 25, 2017: 7:00pm
November 1, 2017: 7:00pm
November 8, 2017: 7:00pm
more

< back

previous listing • next listing